

APRIL 2016 RIDE CALENDAR

1st Week in April

PRIMAVERA CENTURY & WORKERS RIDE

April 17th is our annual Primavera Century ride. There are no club rides scheduled on the day of the Primavera (since our club members will be helping with the event).

The "Workers Ride" on April 10th will follow the Primavera routes and is for club members and volunteers only. See the ride descriptions below for more information.

If you haven't volunteered yet to help with the Primavera, it's not too late! You can fill out a volunteer form online:

<http://ffbc.org/primavera/volunteer/>

TRAINING FOR SPRING METRIC & FULL CENTURIES

Throughout April we still have lots of rides to choose from each weekend. The training series continue, at least in part, into April.

Progressive Ride Series (PRS)

The PRS series resumes on Apr. 3rd and gets riders ready for a full century (such as the Primavera Worker's Ride on April 10th). We'll even do another one, an epic climb of Sierra Rd. and traverse of Calaveras, toward the end of the month, and possibly reprise some of the earlier rained-out events in May.

Less Aggressive Progressive Ride Series (LAP)

The Sunday LAP series is ending on April 3rd! Want to train to ride a metric century with a fun group of people? Try this Less Aggressive Progressive (LAP) series and you'll be ready for metrics like the Tierra Bella or the Primavera Worker's Ride. This series has fewer miles and less elevation gain than the traditional Progressive Series and is aimed at Touring/Moderate pace riders (especially those that climb at a slower pace). The mapped route and elevation profile is available at ridewithgps.com. (Please use our route sheet on the LAP ride, not the ridewithgps.com cue sheet). There is always a sweep and we will do regroups so no one is left behind. Come join us!

Cinderella Conditioning Ride Series (CCRS)

Last, but my no means least, we have our annual Cinderella training series running Saturday's through April 2nd. The ride will be no-drop ride at a T-M pace.

FFBC RIDE CLASSIFICATION

Ride leaders are encouraged to maintain their ride paces as outlined at <http://www.ffbc.org/html/RideClassification.html>.

MAPS TO FREQUENTLY USED START LOCATIONS

Maps to the start locations for April are available at: http://www.ffbc.org/html/start_locations.html.

THANK YOU TO ALL THE APRIL RIDE LEADERS

Please check to make sure the rides you submitted are listed correctly. If there is an error in the listing below, please contact the ride coordinator at <mailto:ridecoordinator@ffbc.org> at once.

Fri Apr 1 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Apr 2, 8:30 AM

Calaveras Clockwise

40 miles, 3, M & B

Start location: Downtown Niles parking lot across from H St on Niles Blvd

This is our traditional "1st Saturday of the Month" ride. We will ride up Niles Canyon into Sunol then on to Calaveras. Our traditional route brings us out in Milpitas and we return via a route that stays close to the hills. Rain or a serious threat of rain cancels.

M: Donna Kaplan; luporini@aol.com; (415) 584-7621

B: Tim and Robin O'Hara (on the Tandem);

tohara2938@aol.com; 510 471-2464

Sat Apr 2, 9:00AM

Cinderella Conditioning #12, "Portola Loop"

30 miles, 2-3, T-M

Start location: Don Edwards Wildlife Refuge

Join us for the final Cinderella Conditioning ride for this year. This week we'll do a shorter, flatter, "taper" ride in preparation for the Cinderella ride next week. The route will be one of the club favorites - a loop around Portola valley. Bring money for a snack at Robert's Market along the way. Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable.

Conni Smith; 4conni.smith@gmail.com; (510) 461-8838

Sun Apr 3, 8:00AM

PRS #12 Metric Primavera with Canyons

80 miles, 5 (5481'), M, B

Start location: Downtown Niles, parking lot across from H St.

This is the metric version of the Primavera with the addition of the canyons from our 5 Canyons ride. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a lunch stop en route. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/4059703>

M: Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell

M: Marie and Francis Tanjuatco;

thechronicpainteam@gmail.com; 650.678.7739 mobile

B: Mike Williams; mwilliams297@comcast.net; (510) 364-4335

Sun Apr 3, 9:00AM

LAP11 Palomares Calaveras Clockwise Metric

62 miles, (3900"), T-M

Start location: Niles (in the Niles Blvd. parking lot across from H Street

What fun we've had! We've worked hard too. It's the last ride of the series so let's ride a metric century! We will start in downtown Niles (in the Niles Blvd. parking lot across from H Street) and generally follow the club's Primavera 100K route, but backward. We will ride through Niles Canyon and climb Palomares. After Dublin grade, we will have a bite to eat at the

Corner Bakery Café then head up Calaveras. By then we will be elated to roll back on a mostly flat ride to the start and finally finish our first metric century of 2015! We can celebrate finishing the ride series at Bronco Billy's in Niles. We will maintain a Touring through Moderate pace (10 to 16 mph). No drops and regroup as needed. Extreme weather or construction may modify the route and rain cancels. Check FFBC! Yahoo! Group, email or call us.

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624
Cindy Maxwell maxwell.c@sbcglobal.net 408-506-6860

Sun Apr 3 8:30 AM

Show & Go

20-50 miles, 2-4, B

Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

2nd Week in April

Mon Apr 4, 8:30 AM

Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Davis Quan; davisquanh50@yahoo.com; (510) 386-3245

Tue Apr 5 8:30 AM

Tour de Fremont Hills

29 miles, 3 (~1,900'), M, B

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! Group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Dave Fishbaugh; fish1950@comcast.net; **H: (510) 657-6006**
C: (510) 364-2207

M: Terri Yi; terriyi@yahoo.com; (510) 304-5571

Tue Apr 5 9:00 AM

Show & Go

20-50 miles, 1-5, L-T-M

Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 5 6:15 PM

TuNT (Tuesday Night Training)

90 minutes, 3, M - F

Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; psingh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Apr 6 8:30 AM

Mid-week Morning Ride

35-45 miles, 2-3, M-B

Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

AI Quintana; alang44@hotmail.com; (510) 760-9245

Wed Apr 6 6:15 PM

WNT (Wednesday Night Training)

60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting. When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Thu Apr 7, 9:00AM

Thursday Morning Coffee Ride to Alum Rock Park

42 miles, 2-3, T-M

Start location: Lake Elizabeth, Teen Center

We will gather in the parking lot near the Teen Center. There are a lot of parking lots in Fremont's Central Park. To access the correct lot, turn in from Paseo Padre at the light on Sailway, then park in the big parking lot on the left, near the back. We will warm up climbing Paseo Padre and have a quick regroup at the top of Warren with a restroom stop at Jose Adobe Higuera (mile 10.6). If you'd like to shorten your ride, meet the group at Jose Adobe or along the route. We will ride along the foothills and once we get into the park, there are options to head straight to the Visitor's Center or climb the Inspiration Loop and/or Miguelita. If you are a slow climber, but want to do the extra climbing, please be considerate of the group and turn around when you see the faster riders returning OR bring yourself to coffee on your own. We will have lunch at Noah's Bagels/Starbucks (\$) before heading back on a mostly flat route, with no regroup. Extreme temperatures, park closure, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! Group, email or call me.

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624

Thu Apr 7 6:15 PM
TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Fri Apr 8 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Apr 9, 8:30 AM

Tuesday Hills On Saturday

30 miles, 3 (2,100'), T-M

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

Get all of the Tuesday Tour de Fremont Hills ride fun on the weekend! and join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and the grind up Sabrecat. If we haven't managed to elevate our heart rates sufficiently we'll head back up Pine; otherwise, it's up Paseo Padre the wrong way again before ending the ride at Peet's with a well-deserved coffee. Rain or threat of rain cancels the ride.

M: Julie Gilson; Jmgilson1@yahoo.com; 510-468-0284

T: Cindy Maxwell; maxwell.c@sbcglobal.net; 408-506-6860

Sat Apr 9 8:30 AM

Show & Go

20-50 miles, 2-4, B

Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

CINDERELLA CLASSIC SATURDAY

Sun Apr 10, 7:00, 7:30, 8:00, 9:00 AM

Primavera Worker's Rides

25M, 65K, 100K, 85M, 100M, 3-5, T-M-B-F

Meet times: 100 mile & 85 mile — 7:00 AM;

100K & 65K — 8:00 AM;

25 mile — 9:00 AM

Start location: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Members/volunteers and their families only on these rides! The full century ride is the final ride of the Progressive Ride Series (PRS). All workers rides serve two important functions. First, they allow those members working in support of the Primavera a chance to do the routes, and second, to check the route

markings, and route sheets for errors prior to the actual Primavera.

~~Be self sufficient. These rides are the full length Primavera routes, but with only two fully stocked rest stops (Sunol and Rios Lovell). For those doing the 85 and 100 mile routes (M or B pace) please email Andy Sass (andrew.sass@yahoo.com) for estimating food and water needs at the winery. Please be nice to your ride leader. Let him/her know your intentions at the beginning of the ride, or during the ride if you plan on breaking off from the main group.~~

~~If you can drive SAG for the 100 mile route, or staff the Sunol or Rios Lovell stop, please email the Ride Coordinator at ridecoordinator@ffbc.org.~~

~~If there are any minors planning on doing any of these rides, remember that a [Minor Release form](#) must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult.~~

~~Please send all corrections/issues with regard to route markings to Andy Sass (andrew.sass@yahoo.com) promptly after the ride so corrections can be made for the Primavera ride the following week.~~

~~See the [Primavera web page](#) for routes and maps.~~

~~**B/F (100 mile): West Kurihara; wkurihara@yahoo.com**~~

~~**M/B (100 mile): Andy Sass; andrew.sass@yahoo.com; (520) 490-8098**~~

~~**M (100 mile): Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell**~~

~~**All other routes & paces: ride leaders TBD**~~

Sun Apr 10, 9:00 AM

"The Sunday Social": the ride formerly known as the "Get to Know Us Ride"

20-25 miles, 1-2, L-T-M

Start location: Mission San Jose High School, at the entrance on Palm, Fremont

Please join us on this monthly "Sunday Social". This casual, social ride is always fun and offers everyone the chance to meet other cyclists. Bring your cycling friends along and help us introduce newcomers and guests to the club. Don't forget \$\$ for a coffee/snack stop. If you have a club jersey or jacket, this is a great time to wear it.

Julia Walker; walk9422@gmail.com; (510) 468-9712

3rd Week in April

Mon Apr 11, 8:30 AM

Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Gimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Davis Quan; davisquanh50@yahoo.com; (510) 386-3245

Mon Apr 11, 9:00AM
Cinderella Recovery Ride
15 miles, 1-2, T-M

Start location: Bicycle Garage, 5006 Mowry Ave at Blacow Rd., Fremont

Join yesterday's Cinderella riders for a short recovery ride. Meet trainees, past and present, for a reprise of an early season training ride to celebrate another successful Cinderella. Alumnae and friends are all welcome.

Margaret Koniniec; koniniec@sbcglobal.net; 510-651-3225

Tue Apr 12 8:30 AM
Tour de Fremont Hills
38 miles, 3 (~2,000'), M, B

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.

What could be better than a little climbing? How about a little more climbing? For the second Tuesday of the month we're going to climb our local favorite hill, Palomares Rd., to Castro Valley and then follow it with a little more climbing up Five Canyons Pkwy. All that climbing will be followed by a fast descent into Hayward and a jaunt down Mission Blvd (hopefully with a tailwind) back to Fremont. There will, of course, be a coffee stop, either at Pearl's by Cal State Hayward or Peet's back in Fremont. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Apr 12 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M

Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 12 6:15 PM
TuNT (Tuesday Night Training)
90 minutes, 3, M - F

Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; pk Singh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Apr 13 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B

Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Apr 13 6:15 PM
WNT (Wednesday Night Training)
60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Thu Apr 14, 9:00AM
Thursday Morning Coffee Ride across the Dumbarton Bridge

25-35 miles, 2-3, T-M

Start location: Thursday Morning Coffee Ride across the Dumbarton Bridge

This ride starts at the Don Edwards Wildlife Refuge Visitor Center (Don Edwards National Wildlife Refuge, 1 Marshlands Rd, cross-street Thornton Ave, Fremont) and we head across the Dumbarton Bridge to various destinations. For a flat ride we head through East Palo Alto and along a few paths to Shoreline Park for lunch. For a ride with climbing we do Woodside Road, Sand Hill/Whisky Hill, Alpine Loop, Arastradero or Edgewood Road. Sometimes the climbing is optional. We always stop for coffee and riders are welcome to head back on their own if they know the way. Usually we ride without route sheets so we regroup as necessary and no one is left behind. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check FFBC Yahoo! ! Group, email or call me!

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 cell

Thu Apr 14 6:15 PM
TNT (Thursday Night Training)
60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Fri Apr 15 8:30 AM
The Friday Bike Club
35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Apr 16 8:30 AM
Portola Loop
30 miles, 3, T-M

Start location: Don Edwards Wildlife Refuge Visitor Center (Marshlands Rd., Fremont).

Monthly club ride over the Dumbarton Bridge, quiet neighborhood side streets of Palo Alto, Roberts Market for snacks, and cruise back downhill. No drop ride with regroupings. Bring \$ for snacks, Rain cancels. Please park in upper lot at request of visitor center staff.

Cindy Maxwell; maxwell.c@sbcglobal.net; 408-506-6860

Sat Apr 16 8:30 AM
Show & Go
20-50 miles, 2-4, B
Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd.

Sun Apr 17
FFBC PRIMAVERA TOUR: No Club Rides Scheduled

4th Week in April

Mon Apr 18, 8:30 AM
Monday Morning Recovery Ride
40 miles, 1-2 (610'), M
Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Davis Quan; davisquanh50@yahoo.com; (510) 386-3245

Tue Apr 19 8:30 AM
Tour de Fremont Hills
29 miles, 3 (~1,900'), M, B
Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the dirt (north) side of Alameda Creek Trail

Join us for a few of Fremont's finest hills. We'll warm up on the nice, flat Alameda Creek Trail before our first mini-climb: Stenhammer. Then it's up Mission (with a few detours thrown in) to the next climb: the short but steep Yakima/ Zapotek leg burner. A quick regroup and on to "The Animals" via Stanford. We'll head up Paseo Padre THE WRONG WAY followed by a short but steep kick up Pine and our weekly grind up Sabrecat. Just to make sure that we've managed to elevate our heart rate sufficiently we'll tackle Paseo Padre the wrong way again or for added suffering we'll climb back over Pine! Then we're ready for a nice downhill coast to Peet's for a well-deserved coffee and the end of our ride. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Apr 19 9:00 AM
Show & Go
20-50 miles, 1-5, L-T-M
Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 19 6:15 PM
TuNT (Tuesday Night Training)
90 minutes, 3, M - F
Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; pksingh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Apr 20 8:30 AM
Mid-week Morning Ride
35-45 miles, 2-3, M-B
Start location: the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

Ride across the Dumbarton Bridge to a destination on the Peninsula. This will be a fun ride en route to a coffee/snack stop, so bring \$\$.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Apr 20 6:15 PM
WNT (Wednesday Night Training)
60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Thu Apr 21, 9:00AM
Thursday Morning Coffee Ride From Endless Cycles
20-30 miles, 3-4, T-M
Start location: Endless Cycles, 20825 Nunes Avenue, Castro Valley

This ride starts at Endless Cycles, 20825 Nunes Avenue, Castro Valley (across from the Jack In The Box and the B of A parking lot, near T Kane's Kung Foo/Karate Martial Arts School). Park on the street or in the B of A parking lot and bring your bike through the gates to the back patio. Jeff will open the shop early so we can use the restroom and maybe even enjoy some coffee before we head take off. Buy a last minute item or check out the large showroom, repair shop, kitchen, back patio, meeting space, vintage bike museum, and the new bike fit area while we sign in. We will choose our route based on the weather. We may climb Cull Canyon and Dublin Grade (with a Schaefer Ranch option) or Cull Canyon, Procter Hill and some of Redwood Road, or Procter Hill and Redwood Road all the way to Pinehurst or Cull I Canyon and Eden Canyon. We may head over to Alameda via Lake Chabot Road. Bring \$ for lunch. Extreme temperatures, construction or the whim of the ride leader may modify the route. Rain cancels, check yahoo group, email or call me.

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 cell

Thu Apr 21 Apr 6:15 PM
TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

Every Thursday night (52 weeks of the year, rain or shine, daylight or nighttime). Riders of all levels and abilities congregate from about 6:15 PM onwards and we start a structured program at about 7 PM, training for around 60-90 minutes. We always do a combination of skills practice, speed and endurance work.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Fri Apr 22 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

Al Quintana; alanq44@hotmail.com; (510) 760-9245

Sat Apr 23, 8:30 AM

Calaveras CCW

38 miles, 3-4, M

Start location: Downtown Niles parking lot across from H St.

Sometimes it's good to go against the grain, or in this case counter-clockwise instead of clockwise. This counter clockwise loop of Calaveras meets in downtown Niles and takes the usual route to Calaveras. Map and route sheet online at: <http://ridewithgps.com/routes/3945502>

Coffee at the end of the ride at Peet's in Fremont.

Alan Cookson; alannjc@yahoo.com; 908-240-7739

Sat Apr 23, 8:30AM

Loop Around the Bay

55 miles, 1-2 (762'), T-M

Start location: Warm Springs Starbucks - 46655 Mission Boulevard

Cinderella Conditioning #8 got rained out, so we will try again! This is a fun, flat loop around the bay. We'll start at Starbucks in the Warm Springs district and head south to Milpitas, across the bottom of the bay to Mountain View, over to Palo Alto and Menlo Park before our return trip across the Dumbarton to Fremont.

Bring money for coffee/snack/lunch at Plantation Coffee in Menlo Park. This ride is appropriate for all riders who have completed the Cinderella Coaching or Conditioning training and all club members are welcome! Rain cancels. Please check the FFBC Yahoo! Group or contact the ride leader on the morning of the ride if the weather is questionable.

Julia Walker; walk9422@gmail.com; (510) 468-9712

Sat Apr 23 8:30 AM

Show & Go

20-50 miles, 2-4, B

Meet at the former Raley's shopping center parking lot east side, close to Tutti Frutti, Jarvis Ave & Newark Blvd (Newark).

THE SECOND CHANCE!!

Sun Apr 24, 7:00, 7:30, 8:00, 9:00 AM

Primavera Worker's Rides

25M, 65K, 100K, 85M, 100M, 3-5, T-M-B-F

Meet times: 100 mile & 85 mile – 7:00 AM;

100K & 65K – 8:00 AM;

25 mile – 9:00 AM

Start location: Mission San Jose High School, at the entrance on Palm Ave., Fremont.

Members/volunteers and their families only on these rides! Be self-sufficient. These rides are the full-length Primavera routes, but with only two fully stocked rest stops (Sunol and Rios Lovell).

If you can drive SAG for the 100 mile route, or staff the Sunol or Rios Lovell stop, please email the Ride Coordinator at ridecoordinator@ffbc.org.

If there are any minors planning on doing any of these rides, remember that a [Minor Release form](#) must be filled out and given to the ride leader, and any rider under 16 must be accompanied by an adult.

See the [Primavera web page](#) for routes and maps.

M/B (100 mile): Andy Sass; andrew.sass@yahoo.com; (520) 490-8098

M (100 mile): Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell

All other routes & paces: ride leaders TBD

CANCELLED FOR TODAY; TO BE POSTPONED:

Sun Apr 24, 8:00 AM

PRS #13—Sierra and Calaveras

50 miles, 5 (3548'), M

Start location: Downtown Niles, parking lot across from H St.

~~For the final ride in the series let's climb Sierra and then do Calaveras counter clockwise. Meet at DOWNTOWN Niles parking lot across from H St on Niles Blvd. Bring money for a coffee stop en route. Rain cancels. Map with printable route sheet is available at: <http://ridewithgps.com/routes/4244533>~~

~~**Jim Fehrle; fehrle@sbcglobal.net; (650) 387-7425 cell**~~

~~**Marie and Francis Tanjuateo;**~~

~~**thechronicpainteam@gmail.com; 650-678-7739 mobile**~~

5th Week in April

Mon Apr 25, 8:30 AM

Monday Morning Recovery Ride

40 miles, 1-2 (610'), M

Start location: Cabrillo Park Cafe 4673 Thornton Ave, between I-880 and Dusterberry (former location of the Bicycle Garage)

Meet at 8:30 for an 8:45 start to an easy-going ride down Paseo Padre to South Grimmer. Then it's a flat ride down past Club Sport to the end of Fremont Blvd. We'll turn around and have a coffee break at a local coffee shop and make our way over to Coyote Hills for a trip back on the trail, ending our ride well before 12:30 (on rare occasions we head directly home after coffee, shortening the ride to about 30 miles and getting back close to 11:30). Elevation gain is 610 feet. Rain or threat of rain cancels. If rain threatens, call me between 7:30 and 8:00 on the day of the ride.

Davis Quan; davisquanh50@yahoo.com; (510) 386-3245

Tue Apr 26 8:30 AM

Tour de Fremont Hills

38 miles, 3 (~2,000'), M, B

Start location: Isherwood staging area on Isherwood Way at Paseo Padre Pkwy on the north (dirt) side of Alameda Creek Trail.

Since I've heard that a change is as good as a rest on the second and fourth Tuesdays of the month we'll do one of my

favorite local hills – Palomares. We'll do a clockwise loop going up Palomares and Dublin grade followed by the rollers on Foothill. We'll return through the canyon with the ride once again finishing at Peet's for a well-deserved coffee. Note: M paced riders may do Palomares out and back per ride leader's discretion. Rain or significant chance of rain cancels. The ride leaders will post to the FFBC Yahoo! group on the morning of the ride if the ride is cancelled. If unsure of the ride status please call or text the appropriate ride leader (emails after 6:45am on the morning of the ride probably won't be read).

B: Vanessa McDonnell; vanessa@mcnmc.com; (510) 517-1466

M: Amy Giles; apgiles@sbcglobal.net; (510) 224-0829

Tue Apr 26 9:00 AM

Show & Go

20-50 miles, 1-5, L-T-M

Start location: Bicycle Garage 5006 Mowry Ave at Blacow Rd.

Tue Apr 26 6:15 PM

TuNT (Tuesday Night Training)

90 minutes, 3, M - F

Start location: Genmark Automation Inc. parking lot, North side (facing Warren & ClubSport) 46723 Lakeview Blvd (on the Corner of Warren & Lakeview) Fremont, CA 94538

Club members of all levels and abilities are welcome to join the race team for hill-climb training.

Departure time from the parking lot will be 6:30 PM. Rain will cancel the ride! An email will be sent to the Race Team Yahoo! Group if the plans are changed. Headlights and tail lights required. Helmets are always mandatory.

Prashant Singh; psingh.d700@gmail.com

West Kurihara; wkurihara@yahoo.com

Wed Apr 27 8:30 AM

Mid-week Morning Ride

35-45 miles, 2-3, M-B

Start location: DOWNTOWN Niles parking lot across from H St on Niles Blvd.

We will do a loop around Fremont-Newark en route to a coffee/snack stop, so bring \$\$.

AI Quintana; alanq44@hotmail.com; (510) 760-9245

Wed Apr 27 6:15 PM

WNT (Wednesday Night Training)

60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

This new series is aimed at less experienced riders who want to learn the techniques used in fast riding, cornering and sprinting.

When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Thu Apr 28, 9:00AM

Thursday Morning Coffee Ride to the Corner Bakery via Kilkare, Happy Valley and Bernal Bump

30 miles, 2-3 (1700'), T-M

Start location: gravel lot across from the Sunol Train Station

We will meet at the gravel lot and ride Kilkare out and back. Our route will then head up Foothill to ride Happy Valley, out to the golf course, return to Happy Valley and continue up the Bernal Bump and past Stanley. There are some options if you want to skip some or most of the climbing and meet us at the Corner Bakery in Pleasanton. Bring \$. Extreme temperatures or construction may modify the route. Rain cancels, check yahoo

group, email or call me.

Lori Sommer; lorimsommer@gmail.com; (510) 693-8624 cell

Thu Apr 28 6:15 PM

TNT (Thursday Night Training)

60-90 minutes, 1, M-B-F

Start location: Eureka Drive, Newark (from I-880, go west on Stevenson Boulevard. Cross the Boyce road/Cherry Road intersection. Take the first right on to Eureka and then the first driveway on the left.

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When dark, lights required. Helmets are mandatory.

Garry Birch; garry_b94568@yahoo.com; (925) 819-0247

Fri Apr 29 8:30 AM

The Friday Bike Club

35-45 miles, 3-4, M-B

Start location: 580 Marketplace East Castro Valley Blvd East of I-580, on the Safeway Supermarket side of the shopping center (Castro Valley).

Meet in the northeast corner of the parking lot. Bring \$\$ for a coffee stop.

AI Quintana; alanq44@hotmail.com; (510) 760-9245

Sat April 30 8:30 AM

Show & Go

20-50 miles, 2-4, M-B

Start location: downtown Niles parking lot across from H St on Niles Blvd.